

## FIRST AID ONLY COURSE INSTRUCTOR ACTIVITIES:

### Course Introduction:

Videos for the course are available online at [www.protrainings.com/downloads](http://www.protrainings.com/downloads) and on the Instructor USB drive and DVD's



Use the “First Aid Only” Skill practice sheets for skill sessions

### Key Points:

- The goal of the First Aid Only course is to help the student gain the knowledge and skills necessary to provide first aid until more advanced help is available.
- The course will combine short video segments and teaching sessions. There will be a written test at the end. Make sure to pay attention to the key points in each of our activities.
- Are there any questions before we begin? (briefly answer any questions)

- Use the “Adult CPR/AED & First Aid” training videos and the “Adult CPR/AED & First Aid” Instructor Activities “Five Fears” through “Hand Washing,” and “Arterial Bleeding” through “Recovery Position.” Also, include “Conscious Choking” and “Hands Only CPR” videos.

### Administer Written Test

Use the First Aid Only final test and answer sheets

- Allow students ample time to complete the test.
- Check answers using the answer sheet provided
- Students must have 80% correct to pass the test
- Student who fail may be remediated and given a second opportunity to pass the test. Students who do not pass the second attempt must retake the course

### After-course responsibilities:

- Instructor completes skill evaluation checklist and keeps a copy on file for minimum of 2 years
- Instructor completes online classroom records through instructor dashboard for students to receive certification cards.





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Because Life Matters

## Skill Evaluation Checklist

Keep form for 2 years as proof of completed evaluations

### First Aid Only

Instructor/Skill Evaluator
Date:
Printed Name:
Registry #:
Signature:

Student Name(s) [Print Clearly. Up to 12 students can be listed on this checklist form.]											
1.	2.	3.	4.	5.	6.	7.	8.	9.	10.	11.	12.
Required Skill Scenarios– 2020 CPR and First Aid ECC/ILCOR Guidelines											
Bleeding Control											
INDIVIDUAL SKILLS   Assess during skill scenarios											
Direct pressure to control bleeding											
For Classroom: Passed Written Test 80%											



# BLEEDING CONTROL



## ① Check Person:

Ask, "I'm trained in first aid, can I help you?"

**First Aid only**



## ② Call 911:

Send someone to call 911

## SCENARIO

While using a saw, a coworker cuts his forearm and blood is spurting out. What will you do?



## ③ Direct Pressure:

Apply gloves. Use gauze or other barrier to apply direct pressure to site of wound. Elevate if no fracture is suspected.

**REQUIRED EQUIPMENT:**  
Gauze pads, roller gauze, gloves



## ④ Pressure Bandage:

Apply more dressings if needed and a pressure bandage.



## ⑤ Recheck:

Check for capillary refill, skin color, and skin temperature.

**NOTE:** Monitor for signs of shock. If person shows confusion, dizziness, bluish or grayish skin color, lay the person down and elevate the legs.





## FIRST AID ONLY WRITTEN TEST

Do not write on this test. Read each question carefully, then choose the best answer.  
Circle the correct answer on the separate answer sheet.

1. A patient who has a severe cut appears to have an increased heart rate with skin that is pale, cool, and slightly moist. What is the most likely cause of these symptoms?
  - A. Respiratory distress
  - B. Anxiety attack
  - C. Response to fear because of bad news
  - D. Shock
2. What are the signs and symptoms of heat stroke?
  - A. Sweaty skin with leg cramps
  - B. Sweaty skin with thirst
  - C. Unconscious, hot and dry skin
  - D. Cold skin, sweaty, agitated
3. What should you do if you suspect a person has swallowed a poison?
  - A. Wait at least 5 minutes to see if the poison affects the person
  - B. Make the person vomit immediately
  - C. Drive the person to the hospital
  - D. Call poison control
4. A worker was just hit by a forklift. The scene is safe and you begin to assess the worker. You see that she is conscious and breathing normally, but obviously in pain. What is the purpose of doing a secondary survey on this victim?
  - A. To discover potentially life threatening injuries that may not be immediately apparent
  - B. To get the victim's insurance and contact information
  - C. To find an accurate pulse rate, breathing rate, and blood pressure
  - D. To find out if the person is responsive and breathing normally
5. What are the first signs of hypothermia?
  - A. Tiredness and thirst
  - B. Hot, sweaty, and tired
  - C. Unconsciousness, cold skin, and rapid heart rate
  - D. Cold limbs, shivering, loss of feeling in extremities, confusion
6. You find a person that just fell down a flight of stairs. How would you start an assessment for a head, neck, or back injury?
  - A. Start with the feet to see if there is movement and feeling. Then move up towards the head.
  - B. Ask the person if he or she has sharp pain in the head, neck, or back
  - C. Help the person stand up. If the person gets dizzy, call 911.
  - D. Check for responsiveness and normal signs of breathing. Start at the head, looking for signs of injury.



7. A female coworker has just collapsed to the ground and had a seizure. What should you do to help her?
- A. Call 911. Stay away from the person until emergency medical personnel arrive.
  - B. Call 911. Protect the person from injuring herself.
  - C. Wait at least 2 minutes after the seizure to see if the person recovers. If not, call 911.
  - D. Do not call 911 unless the person stops breathing.
8. If a victim has a sharp object stuck in one eye, what would be the correct treatment?
- A. Rinse the eye for no more than 15 minutes and transport to hospital
  - B. Try to remove object with tweezers, rinse eye for 15 minutes, place gauze over eye, and transport to hospital
  - C. Place a cup over the affected eye, a pad over the non affected eye, and wrap gauze around both eyes and head to hold them in place.
  - D. Use a magnet to get the sharp object out of the eye. Then rinse for 15-20 minutes with saline and cover both eyes with gauze bandages and transport to the hospital.
9. A person at a park has burned his arm on a hot grill. You see a large area about 6 inches long that has blisters, redness, and some dark areas that look deeply burned. How would you treat this person?
- A. Wrap wet gauze around the burned area to make a pressure bandage
  - B. Place the victim in the recovery position
  - C. Apply cool water to the entire burn for 5-10 minutes
  - D. Apply Vaseline or other lotion
10. What are the signs and symptoms of an anaphylactic reaction?
- A. Swollen tonsils, upset stomach with laryngitis
  - B. Sneezing, watery eyes, itchy red skin, and sore throat
  - C. Severe abdominal pain, rigid abdomen, pale skin, and anxiety
  - D. Pale skin, swollen and/or itchy tongue, difficulty breathing, rapid heart rate
11. Which symptom is not consistent with cardiac-related chest pain?
- A. Squeezing or heavy chest pain
  - B. Drooping face when smiling
  - C. Left or right arm pain
  - D. Jaw pain
12. What is the best way to eliminate the fear of bloodborne disease transmission when performing CPR on a victim who needs your help?
- A. Use personal protective equipment
  - B. Do not touch a person if there are bodily fluids present
  - C. Do not start CPR on a person unless you have a face shield
  - D. Use a napkin or other paper towel over the person's mouth



**FIRST AID ONLY**  
**Written Test Answer Sheet**

Name: \_\_\_\_\_ Date: \_\_\_\_\_

1.	A	B	C	D
2.	A	B	C	D
3.	A	B	C	D
4.	A	B	C	D
5.	A	B	C	D
6.	A	B	C	D
7.	A	B	C	D
8.	A	B	C	D
9.	A	B	C	D
10.	A	B	C	D
11.	A	B	C	D
12.	A	B	C	D



**FIRST AID ONLY**  
**Written Test Answer Key**

ANSWER KEY				
1.	A	B	C	<b>(D)</b>
2.	A	B	<b>(C)</b>	D
3.	A	B	C	<b>(D)</b>
4.	<b>(A)</b>	B	C	D
5.	A	B	C	<b>(D)</b>
6.	A	B	C	<b>(D)</b>
7.	A	<b>(B)</b>	C	D
8.	A	B	<b>(C)</b>	D
9.	A	B	<b>(C)</b>	D
10.	A	B	C	<b>(D)</b>
11.	A	<b>(B)</b>	C	D
12.	<b>(A)</b>	B	C	D